

FOOD LOG (please only 1 day per page)

Date:

Name:

| Time | Amount (tsp, oz, Tbs, cups) | Food/Condiment/Supplement (be as detailed possible- brands, method of cooking, etc.) | Is this a good source of Protein? |
|-------------|--|--|--|
| Time | Amount | Breakfast | Yes or No? |
| | | | |
| | | | |
| | | | |
| Time | Amount | Lunch | Yes or No? |
| | | | |
| | | | |
| | | | |
| Time | Amount | Dinner | Yes or No? |
| | | | |
| | | | |
| | | | |
| Time | Amount | Snack(s) | Yes or No? |
| | | | |
| | | | |
| | | | |
| Time | Amount | Beverages | |
| | | | |
| | | | |
| | | | |